

Actions	Steps and Goals	By Whom and When
<p>1. Learners in the SFA (School Food Authority) have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards.</p>	<ul style="list-style-type: none"> <li>a. All meals operating under federal meal programs will meet or exceed federal and state guidelines.</li> <li>b. All foods and beverages sold on campus, during the school day, to learners (including fundraisers) will meet or exceed federal and state guidelines.</li> <li>c. Celebrations occurring on campus, during the school day involving food “offered” for free will meet or exceed federal and state guidelines.</li> </ul>	<p>Food Vendor Facilitators/Fundraiser coordinators Director</p> <p>All competitive foods will be approved at least 2 weeks prior to event occurring on campus.</p> <p>All meals served as part of the reimbursable meal program will be in compliance prior to the start of the school year.</p> <p><b>*Progress Update : 6/1/22 Our vendor Freshstart assures all meals are in compliance.</b></p>
<p>2. Learners receive quality nutrition education that helps them develop lifelong healthy eating behaviors.</p>	<ul style="list-style-type: none"> <li>a. The SFA aims to teach, model, encourage, and support healthy eating by students.</li> <li>b. Nutrition education and promotion will be designed to provide students with the knowledge and skills necessary to promote and protect their health;</li> <li>c. Will include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities.</li> <li>d. Will promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods.</li> <li>e. Will emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise).</li> </ul>	<p>Director: Lisa Latimer Facilitators</p> <p>Nutrition education will be vetted prior to being implemented into instruction on an as-needed basis by school staff.</p> <p><b>*Progress Update : 6/1/22 This area needs more work, our PE teacher that was going to oversee this was injured and had many absences and was unable to get the program running. The PE sub kept the kids active, but didn't discuss healthy eating. Our parent liaison did bring fruits for healthy snacking during state testing.</b></p>

	f. Will include nutrition education training for facilitators and other staff.	
3. Learners have opportunities to be physically active before, during, and after school.	<p>a. Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment for any reason.</p> <p>b. The SFA will provide learners with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.</p> <p>c. All learners will be provided equal opportunity to participate in physical education classes.</p> <p>d. Outdoor recess will be offered when weather is feasible for outdoor play.</p> <p>e. In the event that the school or SFA must conduct indoor recess, facilitators and staff will follow the indoor recess guidelines that promote physical activity for learners, to the extent practicable.</p> <p>f. Recess will complement, not substitute, physical education class. Care team or facilitators will encourage learners to be active, and will serve as role models by being physically active alongside the learners whenever feasible.</p>	<p>Health/PE facilitators Director</p> <p>Physical Activity/Education will be incorporated into the school day on a regular basis. Curriculum will be created by Health/PE teachers when lesson plans are created for the school year.</p> <p><b>*Progress Update : 6/1/22</b>  <b>Our students are very active. We have a PE class, we work in the gardens and care for an array of farm animals which includes mucking stalls, cleaning water barrels and carrying hay. In addition our classes use indoor PE brain breaks often, that include physical movement such as jumping jacks, yoga, push ups, squats and running in place.</b></p>

<p>4. School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.</p>	<ol style="list-style-type: none"> <li>Staff are encouraged to model healthy behaviors on campus, such as limiting soda or candy consumption in front of students.</li> <li>By participating in physical activity throughout the day, if possible.</li> <li>By promoting healthy habits to the students through curriculum.</li> <li>By promoting the school meal program.</li> </ol>	<p>Facilitators School Administrators and Staff</p> <p>Healthy Habits are encouraged to be displayed throughout the school year.</p> <p><b>*Progress Update 6/1/22</b> <b>This area needs work and will be addressed at our staff meeting in August prior to school starting.</b></p>
<p>5. The community is engaged in supporting the work of the SFA in creating continuity between school and other settings for students and staff to practice lifelong healthy habits.</p>	<ol style="list-style-type: none"> <li>The SFA will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum.</li> <li>The SFA will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards.</li> <li>School Wellness Committee will communicate to the families at the school(s) and the community how others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that SFA.</li> </ol>	<p>Community partners Wellness Committee Families of Learners Enrolled</p> <p>Families will be notified of the wellness policy each year at the beginning of the year.</p> <p>Assessment results of the policy will be communicated to families as assessments are conducted.</p> <p><b>*Progress Update 6/1/22</b> <b>We post our menu every month online and around campus. Our middle school did a heart healthy project with interactive displays and taught our 5th grade class about various health aspects. A goal would be to have someone from the community to come and do a health workshop.</b></p>



## Action for Healthy Kids' School Health Index Elementary School Version

To complete the School Health Index online, please visit  
[https://afhkschoolportal.force.com/AFHK\\_Communities\\_Login](https://afhkschoolportal.force.com/AFHK_Communities_Login).

### School Health and Physical Environment

	Fully in Place	Partially in Place	Under Development	Not in Place
1. School health oversight	3	-	1	0
2. Representative school health committee or team	3	2	1	0
3. Local wellness policy	3	2	1	0
4. School health action plan	3	-	-	0
5. Positive school climate	3	2	1	0

### Nutrition Environment and Services

	Fully in Place	Partially in Place	Under Development	Not in Place
6. All foods sold during the school day meet the USDA's Smart Snacks in school nutrition standards	3	-	-	0
7. All beverages sold during the school day meet the USDA's Smart Snacks in school nutrition standards	3	2	1	0
8. School meals	3	2	1	0
9. School breakfast	3	-	-	0
10. Variety of offerings in school meals	3	2	1	0
11. Promote health food and beverage choices and school meals using Smarter Lunchroom techniques	3	2	1	0
12. Adequate time to eat school meals	3	2	1	0
13. Annual continuing education and training requirements for school nutrition services staff	3	2	1	0
14. Prohibit using food as a reward or punishment	3	2	1	0
15. Access to free drinking water	3	2	1	0
16. All foods and beverages served and offered during the school day meet the USDA's Smart Snacks in school nutrition standards	3	2	1	0
17. All foods and beverages served and offered during the extended school day meet the USDA's Smart Snacks Standards in school nutrition standards	3	2	1	0
18. All foods and beverages sold during the extended school day meet the USDA's Smart Snacks Standards in school nutrition standards	3	2	1	0
19. Fundraising efforts during and outside school hours meet the USDA's Smart Snacks in school nutrition standards	3	2	1	0
20. Food and beverages marketing	3	2	1	0
21. Venues outside the cafeteria offer fruits and vegetables	3	2	1	0
22. Engaging families in nutrition education and school meals	3	2	1	0
23. Nutrition education curriculum implantation	3	2	1	0
24. Farm to school activities	3	2	1	0



# ACTION FOR HEALTHY KIDS

## Health Education

	Fully in Place	Partially in Place	Under Development	Not in Place
25. Health education taught in all grades	3	2	1	0
26. Sequential health education curriculum consistent with standards	3	2	1	0
27. Culturally appropriate activities and examples	3	2	1	0
28. Professional development in health education	3	2	1	0
29. Essential topics on physical activity	3	2	1	0
30. Essential topics on healthy eating	3	2	1	0
31. Opportunities to practice skills	3	2	1	0
32. Assignments encourage student interaction with family and community	3	2	1	0

## Physical Education and Physical Activity

	Fully in Place	Partially in Place	Under Development	Not in Place
33. 150 minutes of physical education per week	3	2	1	0
34. Sequential physical education curriculum consistent with standards	3	2	1	0
35. Students active at least 50% of class time	3	2	1	0
36. Health-related physical fitness	3	2	1	0
37. Licensed physical education teachers	3	2	1	0
38. Address special health care needs	3	2	1	0
39. Professional development for physical education teachers	3	2	1	0
40. Recess	3	2	1	0
41. Prohibit using physical activity as punishment	3	2	1	0
42. Prohibit withholding recess as punishment	3	2	1	0
43. Professional development for classroom teachers	3	2	1	0
44. Promotion or support of walking and bicycling to and/or from school	3	2	1	0
45. Availability of before- and after-school physical activity opportunities	3	2	1	0
46. Availability of physical activity breaks in classrooms	3	2	1	0
47. Family engagement in physical activity	3	2	1	0
48. Access to physical activity facilities outside school hours	3	2	1	0
49. Promote community physical activities	3	2	1	0

## Social and Emotional Climate

	Fully in Place	Partially in Place	Under Development	Not in Place
50. Fostering positive and nurturing relationships	3	2	1	0
51. Positive student relationships	3	2	1	0
52. Professional development on meeting diverse needs of students	3	2	1	0
53. Collaboration to promote social and emotional learning	3	2	1	0
54. School-wide social and emotional learning	3	2	1	0
55. Prevent harassment and bullying	3	2	1	0
56. Active supervision	3	2	1	0
57. Engaging all students	3	2	1	0

# ACTION FOR HEALTHY KIDS

## School Health Services

	Fully in Place	Partially in Place	Under Development	Not in Place
58.Collaboration between school nutrition services staff members and teachers	3	(2)	1	0
59.Health services provided by a full-time nurse	(3)	2	1	0
60.School nurse collaborates with other school staff members	(3)	2	1	0
61.Counseling psychological and social services provided by a full-time counselor, social worker and/or psychologist	3	(2)	1	0
62.School counselor collaborates with other school staff members	3	(2)	1	0

## Staff Wellness

	Fully in Place	Partially in Place	Under Development	Not in Place
63.Programs for staff members on physical activity/fitness	3	2	(1)	0
64.Programs for staff members on health eating/weight management	3	2	(1)	0
65.All foods served and sold to staff meet the USDA's Smart Snacks in school nutrition standards	3	2	1	(0)
66.Modeling healthy eating and physical behaviors	3	2	1	(0)
67.Stress management programs for staff	3	2	1	(0)

## Family Involvement

	Fully in Place	Partially in Place	Under Development	Not in Place
68.Communication with families	(3)	2	1	0
69.Family engagement in school decision making	3	(2)	1	0
70.Family volunteers	3	2	(1)	0
71.Professional development on family engagement strategies	3	2	(1)	0
72.Student and family involvement in the school meal programs and other foods and beverages sold, served, and offered on school campus	3	2	(1)	0
73.Family involvement in learning at home	(3)	2	1	0
74.School health updates for families	3	(2)	1	0

## Community Involvement

	Fully in Place	Partially in Place	Under Development	Not in Place
75.Community involvement in school decision making	3	(2)	1	0
76.Community involvement in school health initiatives	3	(2)	1	0





5/17/21  
MTH

## Does Your Local School Wellness Policy Measure Up?

A local school wellness policy (LSWP) is a written document that guides a local educational agency (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn. Use this checklist to review and update your wellness policy and ensure it meets all requirements written in SEC. 204 of Public Law 111-296 Local School Wellness Policy Implementation and the Code of Federal Regulation 210.30 and 220.7 and all Final Rule guidance.

How the Required Elements for Local School Wellness Policy (LSWP)	
<b>Policy Includes:</b>	<b>Page(s)</b>
<input type="checkbox"/> <b>Goals for Student Wellness</b> that are specific (measurable) and review and consider evidence-based strategies and techniques	
<input type="checkbox"/> nutrition promotion	Pg 6 & 7
<input type="checkbox"/> nutrition education	Pg 7
<input type="checkbox"/> physical activity	Pg 8
<input type="checkbox"/> other school-based activities	Pg 8
<input type="checkbox"/> <b>School Meals:</b> Meet, at minimum, the federal and state standards for meals provided by all LEA schools during the school day (from midnight to 30 minutes after school day)	Pg 9
<input type="checkbox"/> <b>Competitive Foods and Beverages:</b> Smart Snacks in School standards for other foods and beverages sold at school during the school day (from midnight to 30 minutes after school day)	6
<input type="checkbox"/> <b>Foods and Beverages Not Sold:</b> Nutrition standards outlined for foods and beverages available throughout the school day (classroom parties and snacks, foods rewards, fundraising on campus)	6
<input type="checkbox"/> <b>Foods and Beverages Marketing Policies</b> for items marketed or advertised on campus, which must meet Smart Snack standards (if you can't sell it, you can't market it)	6
<input type="checkbox"/> <b>Public Involvement:</b> Permit participation of the general public and the school community in the development, implementation and monitoring of the LSWP	3
<input type="checkbox"/> <b>Description of Plan</b> included in the written policy for:	
<input type="checkbox"/> Public Involvement in the development, implementation, and review and periodic update, of the LSWP-allowing broad participation of stakeholders and encouraging actively seeking members	3
<input type="checkbox"/> Annual Public Notification/Updates -about the content of the policy and any updates	3, 5
<input type="checkbox"/> Evaluation plan- how implementation will be measured including triennial assessment	4
<input type="checkbox"/> <b>LSWP Leadership:</b> LEA has designated at least one school official by position or title who has the authority and responsibility to ensure each school complies with the policy.	Page 3, No info
<input type="checkbox"/> <b>Date policy was updated</b>	2018
<input type="checkbox"/> <b>Non-discrimination Statement</b> -full statement on complete policy; abbreviated version-shorter documents	9



Compliance with Implementation-Questions (Q) on the Administrative Review:	Documentation
<input type="checkbox"/> Q1000-Please explain how the required elements of the LSWP are being met	
Documentation Examples: dated hard copy or provide copy of web posting or link	(pg 4) web link
<input type="checkbox"/> Q1001-How does the <u>public know</u> about the Local School Wellness Policy?	
<input type="checkbox"/> Annual public notification of the content of the LSWP and any updates if needed	
<input type="checkbox"/> How the public can be involved in the LSWP-typically method of solicitation for a wellness committee	iSupport, Facebook
<input type="checkbox"/> The position and/or title of the designated official who has the authority and responsibility to ensure each school complies with the public	NA
Documentation Examples: web page, letters, e-mails, newsletters, student handbooks, flyers	
<input type="checkbox"/> Q1002 -Who is involved in reviewing and updating the LSWP? What is their relationship with SFA?	
Public Involvement: LEA permits involvement of the following people in the development, implementation, review, and modification of the LSWP:	
<input checked="" type="checkbox"/> Parents <input checked="" type="checkbox"/> Teachers of Physical Education <input checked="" type="checkbox"/> School Administrators <input type="checkbox"/> Students <input type="checkbox"/> School Health Professionals <input type="checkbox"/> General Public and Community Members <input checked="" type="checkbox"/> School Food Service <input type="checkbox"/> School Board Members	see minutes & agendas
Documentation Examples: committee roster, agendas/minutes, meetings announcements, work plan	
<input type="checkbox"/> Q1003-When and how does the review and update of the LSWP occur?	
Documentation Examples: committee agendas/minutes, work plan, related documents	
<input type="checkbox"/> Q1004-How are potential stakeholders made aware of their ability to participate in the development, review, update, and implementation of the LSWP?	
Documentation Examples: letters, e-mails, newsletters, web page, student handbooks, flyers	Facebook & ParentSquare
<input type="checkbox"/> Q1005-Provide a copy of your SFA's most recent assessment on the implementation of the LSWP.	
Triennial Assessment: At least every three years, beginning no later than June 30, 2020, assessment to include compliance with the LSWP, comparison to model policies, and progress in attaining LSWP goals.	
Documentation Examples: Comparison to Model Policy-dated policy review tools such as the WellSAT2.0; Compliance with the LSWP and Progress Attaining Goals-School Health Index and/or district generated checklists, updated implementation plans, board reports	Health Index This document Meeting w/ Cassandra
<input type="checkbox"/> Q1006. How does the public know about the results of the most recent assessment on the implementation of the LSWP?	
Documentation: letters, e-mails, newsletters, board reports, web page, student handbooks, flyers	unsure